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Town Meeting Students Tell Hopey What's Up



President Hopey addresses students face to face on Monday, November 8th
~Photo by Sabrina Boggio~

Ashley Sarris, '12
Editor in Chief

Cascia Hall was filled with approximately 130 people Monday, Nov. 8 as President Christopher E. Hopey held a town meeting with the students of Merrimack College.

The meeting was sponsored by the Student Government Association and students named it the "Mack Meeting." The meeting was organized to create a stronger interaction between the students and the president.

"President Hopey answered to the best of his ability after only four months of being a part of this school," said SGA President Timmy Smith.

The meeting consisted of an open floor for students to voice their opinions and ask Hopey about any questions or concerns they have on campus.

See "MACK MEETING"
continued on page 3



Sendall Sends Message Management Professor gives 'Last Lecture'

Abigail Clark, '12
Copy Editor

This past Tuesday, Dr. Patricia Sendall, President of the Faculty Senate and Chair of the Management Department, presented what is known as the Last Lecture in Cascia Hall.

Father Ray Dlugos began the night by welcoming the audience and providing some background information about the Last Lecture and its history here at Merrimack College.

Beginning at Merrimack in 1999, a faculty or staff member of Merrimack College community has been nominated to give the Last Lecture. The Last Lecture tradition did not begin at Merrimack, however; it was started by Randy Pausch, a professor at Carnegie Mellon University, when he was

stricken with pancreatic cancer in his mid-40s. Pausch wrote a

book entitled "The Last Lecture". The book included what he wanted to say during what could be his last lecture. Since then, colleges across the country have adapted Pausch's concept of the Last Lecture, having professors, faculty, and staff members perform their own kind of Last Lecture.

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Recent Election Has Direct Effect on Students

Patrick Lawlor, '13
Associate Editor-In-Chief

Merrimack students hail from all over, and often overlook how much state and local elections can impact Merrimack. To begin, we at Merrimack, at least on the Andover side of campus, have a new state representative, Jim Lyons. Lyons replaced Barbara L'Italien as the representative in the General Court, which is the Massachusetts' legislature's formal name. Bruce Tarr of Gloucester was re-elected as our senator in general court.

As a state that has gone from strictly liberal to having a somewhat conservative force with U. S. Sen. Scott Brown, the commonwealth's junior senator from Wrentham who was elected in a special election, has resisted, to surprise of some Bay State pollsters, the democratic force in the Governor's office.

Charlie Baker, the Republican candidate who put the good fight to Gov. Deval Patrick, didn't stop fighting to the end, but came up short to the incumbent. Tim Cahill, who is now Treasurer and receiver general of Massachusetts, opted out of the Democratic Party last year to run in the gubernatorial race as an independent.

The Green-Rainbow's party nomination, Jill Stein,

kept her election results in the single digits, not surprising pollsters or voters.

For those on campus who are 21, roughly 25 percent of our students, will see a change in the alcohol prices much like those to our neighbors in the north. While many of the commonwealth's drinkers head to the Granite State to buy their weekly stocks of beer, wine, and liquor, they won't have to travel farther than the corner package store; Bay State voters repealed the alcohol sales tax, by voting yes on Question 1. A no vote would have made no changes to current alcohol sales tax, which is 6.25 percent.

The other two questions on the ballot dealt with low income housing construction permits and reducing the state sales tax to 3 percent. Both of these questions did not pass.

Frank Cousins was re-elected as sheriff of Essex County, with headquarters just down the road at Middleton Correctional Facility; Massachusetts sheriffs primarily manage jails, and are not law-enforcement officers as in other states.

On the legal end, Jonathan Blodgett was re-elected as district attorney for the Eastern District. Once a U.S. Sen. Hopeful, Attorney General Martha Coakley was also re-elected.

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“MACK MEETING” continued from page 1

Representation of various student groups was apparent based on the questions asked by students. Members of the Pep Band raised issues with their new location in the hockey rink and Hopey referred to Athletic Director Glenn Hoffman who was also in attendance.

The request for better-tasting food was high in demand and Hopey responded that he was aware that “everyone wants chicken patties.” He was also made aware that there is too much parsley on the food. “We are working with Sodexo and Merrimack Dining now to improve the quality of food,” said Hopey. “Would it be a good idea to have an open forum with Sodexo for you to talk about what you want?”

Questions about academics and opportunities for career advancement were raised in the sense of career fairs and advisement. Senior Dave Foreman asked,

“Is it possible for more career fairs for science majors, rather than career fairs geared towards business majors?” That question was answered quickly with a “yes,” and Hopey noted to his staff that there should be more opportunities for all departments.

Foreman also asked about increasing funds for student research within the science department, Hopey explained the process that professors can go through to request money for more research.

Not all students were given a

“yes” answer for every question. With regards to alcohol leniency on spring weekend, the answer was “No. Having a liquor license is a privilege and anything that would risk losing it is a liability.”

Liability is also a reason Merrimack cannot provide transportation for students to The Claddagh, and why there is no rock wall in the Multi-Purpose Room, he said.

One student asked, “When you first came here what were the things you wanted to improve?”

“The study abroad programs, scholarships, and the co-op program,” Hopey explained. He then went into further detail to explain how Merrimack has 53 students going abroad over the 2011 spring semester. By changing the study abroad policy in regards of costs, more students are able to go abroad and build their resume with more life experiences.

Hopey asked that all students be aware there is no more scholarship grade point average policy. If you are required to keep a 3.2 GPA for example and your average dropped to a 3.1 you will no longer risk losing any scholarship money.

At the end of the meeting, SGA presented Hopey with a gift of a customized Merrimack Hockey jersey with his name on the back.

When asked if he had any comments about the meeting, Hopey simply replied, “Merrimack has the greatest students in the world.”

LAST LECTURE continued from page 1

Dr. Jonathan Lyon, Associate Professor of Biology and Co-Director of Environmental Science Program and Merrimack's Last Lecturer from last year introduced Sendall.

Before beginning her lecture, Sendall thanked everyone for coming, and gave special thanks to Father Ray and Father Jim Wenzel for making the Last Lecture event at Merrimack possible. Sendall also asked the audience to make a donation to the basket that was being passed around for the Thanksgiving drive going on at Merrimack.

Sendall began her Last Lecture with biographical information where she was born and how she ended up at Merrimack. Born in Philadelphia and growing up in southern New Jersey, Sendall had been told by her parents, who had never even graduated high school, that she would not go to college because she was a woman. A high school teacher said this to her as well. Later, after she had proved her parents and teachers wrong and had graduated from college, Sendall was in a M.B.A. program in which a professor told her she was not “Ph.D. material.” Once again, she proved people in her life wrong and earned a Ph.D. in information systems from Nova Southeastern University.

Sendall had a multitude of jobs before ending up at Merrimack. She worked for a newspaper company putting advertisements in the classified sections, worked for Texas Instruments, and sold computers. Sendall said she aspired to be a CEO but then became interested in teaching after graduate school, saying that she had “caught the teaching bug.”

Through being a teacher, Sendall has realized the importance of technology. She also realized that “Nobody knows everything about technology,” so she wanted to teach others what she could about technology. Then the main point of her Last Lecture begun.

Sendall's Last Lecture focused on the importance of technology and how far it has come, from the ancient abacus to the iPhone today. She gave examples of the milestones of technology and its increased usage.

Also included in the lecture were “The Good, The Bad, The Ugly, and The Cool of Technology.” Sendall talked about the dark and bright sides of technology, as well as the future of technology. Some examples of the “dark side” included identity theft, privacy, malware, child predators and pornography, cyber bullying, and e-waste. However, Sendall made it clear that she believes the “bright side” of technology had outweighed the risks associated with the “dark side.”

The positive aspects of technology included business, e-commerce, medical technology, space, politics (radio to television to website to social networking) and social networking. Social networking, Sendall emphasized, made life that much easier to make connections with family members, old friends, fellow businesses, and much more.

By the end Sendall's lecture, she wanted everyone to know who she was- a hard-working, dedicated, and passionate person who loves her family. When asked about how she felt about participating in the Last Lecture, Sendall said,

“It was an incredible honor to have been chosen as this year's Last Lecturer. I feel an additional sense of pride to be the first from the business faculty to have been selected.”

“In my 20 years as a professor at Merrimack College this honor ranks among the top of the most important, most memorable things,” she said.

“I was blown away by the number of people, including faculty, staff and students, who attended the lecture. It really meant a lot to me; I am grateful for everyone's support. I hope everyone enjoyed learning a little bit about technology.”

Mack in The City

Nicole Meaney, ‘13
Staff Writer

Merrimack in the City has been a student volunteer tradition that students have participated in for the past eight years.

Working with Habitat for Humanity, students each donated ten dollars, which went toward purchasing the necessary supplies for the day in Lawrence.

Merrimack students spent Nov. 6 working in Lawrence on a convent, particularly tearing down drywall. Eight students, as well as Shannon Keough and Brian Suehs-Vasse of Campus Ministry, volunteered at the event.

To make the convent a safe place, students also worked to remove lead from the walls, in the hopes for people to one day move in. Other

schools also participated in the day of service, including St. Augustine elementary school.

The eventual goal for the convent is to convert it into 10 apartments for those who need it. There are really only volunteers on weekends, so the project is expected to take several years. The outcome, however, will provide housing who apply for homes through Habitat for Humanity.

Rather than having to worry about paying for residency right away, the future residents clock in 200 hours of volunteering with Habitat for Humanity, offering a sense of accomplishment that they participated in building their new homes.

For future volunteer projects with Campus Ministry, check out: <http://www.merrimack.edu/life/CampusMinistry/Pages/ServicesOpportunities.aspx>



SGA presented President Hopey with a customized Merrimack Hockey Jersey
~ Photo by Sabrina Boggio~

Athletics Gain New Team Members

Augustinian Spirituality Influences the Athletic Experience

Kayla Morong, '12
Sports Editor

At Merrimack College, specifically in Athletics, the Augustinian presence is growing, and the idea of spiritual leaders is being rejuvenated. This fall, each sports team has been assigned an Augustinian Friar as a spiritual leader for their team. This was something that Glenn Hofmann, Director of Athletics, wanted to establish to form a stronger relationship between priests and Athletics. When Father Jim Wenzel worked in Campus Ministry, he helped different sports teams. In his previous role, Father Jim worked with football, basketball, baseball, and hockey. Such interest in a spiritual leader came from student athletes who would approach Father Jim in hopes that he could provide such leadership to their teams. Upon realizing the demand for such Augustinian presence, Hofmann, Father Bill Waters, Father Jim, and Father Ray Dlu-

gos, created this program for student athletes.

“We are a catholic institution, part of the student athlete experience is to have a religious mentor, and to have someone to go to if they need to talk to someone,” Hofmann explained.

It has been a great experience for both the Augustinians and student athletes, and has built a strong relationship between the two groups. “ I love it, it has been a great opportunity, it has made me feel part of the team,” Father Ray said. “People are very grateful, parents are very thankful that someone is representing the college,” said Father Bill. For athletes, they recognize the influences that the friars can contribute to their teams. “I personally feel that having the Augustinian Friars around has a good influence on our team. It brings different aspects of the Merrimack Community, linking Athletics with the Augustinian Values that the

school is based on,” said Ryan Flanigan, a junior on the hockey team.

The Augustinians have become very impressed with the student athletes and their work ethics. “I am really impressed with how hard they work as student athletes,” Father Ray said. “I am most impressed with their ability to balance practices, lift, games, and studies,” added Father Bill.



To show their support, the priests often attend games or meets, and sometimes travel to away games to show their support on the road. Also their duties often include meeting with the teams to bring the players closer together. The priests offer flexible opportunities for spiritual guidance, whether it’s providing athletes with advice or providing team bonding sessions. Also, if there is a problem that the coach does not want to deal with, a priest may be helpful in solving the issue.

“Having a team dinner with Father Bill as we began our championship season really helped us appreciate each other, and refocus our energy so we can run well in our upcoming meets. He's taken a great interest in our team and he's very easy to talk to. We already have great leaders in our coaches, and adding Fr. Bill has enriched our team even more,” said cross country Captain Rebecca Aniscow.

After athletes have graduated from Merrimack Father Jim explained how some a still continue to keep in touch with him. In the past he has received phone calls asking to perform baptisms, along with helping graduates talk through life changes. This connection shows how important their role plays to the student athlete.

“This program has worked out exactly how I wanted it to work. It is a real good thing to be able to work with the Augustinians,” said Hofmann.


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Darfur Still Hurting

Commentary: Merrimack Must Raise Awareness, Drop Investment

Alex McNeil, '13
Staff Writer

The conflict in the region of Sudan, Darfur, has been going on for seven years now, with the conditions and circumstances worsening day by day. A cloud of fear and violence hovers over the people of Darfur as they are forced to run and abandon their homes from the Sudanese government militia group known as the Janjaweed. The Janjaweed show no mercy as they brutally rape and murder the residents of village after village, burning their homes to the ground as they pass.

The estimates of the number of deaths is uncertain, but it is understood that roughly 400,000 have died and up to 2.5 million have had to leave their homes in fear for their lives.

The Janjaweed are supported by the Sudanese government of President Omar al-Bashir, who is now wanted for arrest by the International Criminal Court. The President is being charged with war crimes and crimes against humanity for playing an essential role in the murder, rape, torture, pillage, and displacement of large numbers of civilians in Darfur.

China is playing a large role in this; responsible for roughly 90 percent of all small arms sold to Sudan. Where those weapons go is unknown, however. Countries are legally allowed to sell weapons to Sudan as long as they do not end up in Darfur, but recent reports have stated that a dozen brands of bullet casings found at attack sites have

been made by China. This raises even more questions about China’s involvement in the genocide.

PetroChina is China’s largest oil producer, and it has stations around Sudan and is allowed to drill in the countries oil rich lands. The conflict here is that they fund the Sudanese government, which then supplies the rebel militant groups who are responsible for the killings.

As if that were not bad enough, we students at Merrimack are also contributing to helping PetroChina. Merrimack College holds funds that invest with PetroChina, meaning that our tuition dollars are indirectly supporting the Sudanese government. As a college, we need to address this issue with the president and make it a priority.

This issue has been presented to past presidents here at Merrimack, yet nothing has been done to sponsor a shareholder proposal. Professor Mark Allman’s religious ethics class is hosting a Darfur Week after Thanksgiving break to raise awareness and to help make a difference.

There will be computers set up to sign petitions to President Obama and legislators to show them that the situation in Darfur needs to be addressed. The film “The Devil Came on Horseback” will be shown, which exposes the tragedy through the eyes of former U.S. Marine Capt. Brian Steidle.

Posters about Darfur and for the events will be posted all around campus, encouraging students to participate and learn more about the genocide that is taking place right now and, with everyones help, try to put an end to it.

What Are You Doing to Your Body? Loco for Four Loko



Maureen Rooney, '12
Staff Writer

It is sweeping college campuses and is cheaper than a six pack of beer. Four Loko, also named “liquid cocaine” and “blackout in a can” is the latest popular drink among college students. It is sold in a 23.5-ounce can that comes in flavors ranging from watermelon to cranberry lemonade.

The most popular question out there is: Why is Four Loko so bad for you? It has alcohol combined with caffeine, high levels of taurine, caffeine, and guarana. When you combine a depressant with a stimulant, it can have damaging effects, say health experts. The caffeine in these drinks can mask the depressant effects of alcohol. People usually stop drinking because they are too tired, but when they have caffeine in their systems, they are more awake and can drink more. It has been reported that people who drink beverages where caffeine and alcohol are mixed are three times higher to engage in more high-risk drinking.

Mixing the drink with other alcoholic beverages can have damaging effects, Coordinator of Health Education James Matthews says, “A can of Four Lokos has an average of about five beers. When combined with other drinks, your blood alcohol level goes up. Not only is the student in danger, but those around the student are to”, he said.

Stories about the harmful effects have been making nationwide news and many schools are now banning Four Loko. In late October, several students who attend Ramapo College in New Jersey were hospitalized after consuming the drink. Colleges all around the country are warning students not to drink Four Loko, and many are banning them all together. In New England, Northeastern University, Southern Connecticut State University, Brandeis University, and UMASS Amherst have all sent out notices advising students to avoid the drinks. University of Rhode Island and Wentworth Institute of Technology have even placed a ban on the consumption of the drink on their campuses.

Should Merrimack follow in the footsteps of these other schools by banning the drink? Matthews said, “No, because we allow alcohol within reason”.

“It has to do with various state liquor authorities, and is a state operation. If we ban them, students are more likely to drink them,” he suggested.

However, Merrimack is getting involved to help limit the consumption of these drinks. Now, one can of Four Lokos is equivalent to a six pack. So, if you have over 21 and have two cans that is your limit. Matthews insist that they are “not changing the policy, we just want to ensure the safety of students and students around those who are consuming the beverage.”

Student Speaks Out

Personal Experience of the Effects of Caffeine/Alcohol Drink

Four Loko is only 12 percent alcohol by volume. That's not that bad, right? Wine is 12 percent alcohol.

People have drunk several Red Bull and vodkas, or even Jagerbombs, so Four Loko shouldn't be a problem. Through my experience, though, I learned that it is not the amount of alcohol that will cause you problems, but the amount of caffeine.

The level of caffeine delays the feeling of getting drunk because it raises your alertness. By the time the caffeine subsides, you will begin to feel drunk.

Drinking a Four Loko by itself will not make you incredibly drunk or black out instantly. It is the delayed drunk feeling that makes you think you can continue drinking. By the time you consume a mixture of other alcohol or another Four Loko, you have already lost control.

I drank two Four Lokos and then continued to drink other alcoholic beverages because of the delayed drunk feeling. By the time the caffeine had worn off, I was blacked out and was no longer in control of what I was doing or drinking. I found myself getting into trouble all because of this inexpensive alcoholic drink.

I strongly recommend my fellow students understand the effects of Four Loko before they indulge. Even if you have not had a bad experience yet, it is a matter of time before you do. There is a reason why this drink is being banned across the country. I suggest the Merrimack community to take time to investigate its consequences.

— Anonymous



Questions on the Quad

What's Your Favorite Thanksgiving Food?



Apple Pie

-Ariel Valtes
2013



Stuffing

-Dan Roy
2013



Tofu Turkey

-David Repucci
2014



Turkey!

-Danielle Jones
2012

How do you feel about MackApps E-mail?



Don't Mind, It's Easy

-Chelsea Comfort
2014



Took a long time to get used to

-Emiy Laporte
2014



Kind of Slow, Overall Better

-Ellen McDonald
2013



It's Fine

- Ryan Perro
2013

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Opinion

Theology With Tim

Is Europe abandoning God?

Tim Iannacone, ‘12
Staff Writer

Pope Benedict XVI on his recent apostolic visit to Spain has said that Spain and all of Europe must open to Transcendence. Similar to this statement, on the day of returning back to Vatican City the Pope said that Europe must come to meet God and receive Him without fear.

It seems these days the Roman Catholic Church is concerned with Europe and its declining faith. Nearly a year ago I was in Rome and noticed that many people did not go to Mass. I thought it was strange for this city since it was the headquarters of the Roman Catholic Church. It seems from watching the news and listening to the Pope’s remarks that Europe is no longer the center of the Catholic faith.

What has happened to the Europe once known as the center of Catholicism? It was pronounced by Hilaire Belloc nearly 100 years ago that “Europe is the faith and the faith is Europe.”

The dangerous individualism

that has been pronounced as the problem by the Roman Catholic Church seems to occupy not just Catholics but all Christians as well.

The low attendance rate and mentality at Mass as well as the high conversion rate from one religion to the next has left Christians, more specifically Catholics, shocked. The present generations to come will no longer see a Europe rich in a flavorful context of Catholicity, but instead an Africa and Latin America filled with an abundance of hope in God and in the Catholic Church.

Within the past decade the Catholic Church in Africa and Latin America has seen an immense rise in Catholics. From a Continent that is considered Third World, it is spiritually uplifting to know that through all the troubles Africa has seen and is still seeing, the faith remains. Europe has something to learn from this continent on what it means to have Christ within them who is the sustainer of all things good.

The Catholic Church has warned countries in Europe of the danger of no longer being at the loving service

of their citizens as he urged the faithful to bring Christ’s message of hope to all people.

The governments of Europe have relaxed their divorce laws, eased restrictions on abortion, legalized same-sex marriage and have allowed gay couples to adopt. This drastic change within such a short period of time has led many people to argue against the tradition of the Roman Catholic Church.

Although liberalism has affected the Catholic Church in many ways through its social and cultural progress over the years, Europe must remember that although it can advance in these ways which substantially helps a person’s life, it cannot trend toward “anticlericalism and secularism” which has been shown to be a clash between society and faith.

The Pope said when societies and governments are no longer at the loving service of all people, then arrogance and exploitation risk snuffing out true human development and fulfillment. Only by loving and serving others like Jesus did, even with the simplest of gestures, will

humanity regain a sense of happiness and hope, he said.

For the past century, a growing belief has taken hold of Europe suggesting that God is an “antagonist and enemy” of human freedom. Human dignity is threatened because it has been stripped of its “essential values and riches” and “the weakest and poorest” in the world are marginalized and left to die. Even Jesus knew that when the rulers of nations no longer serve the best interests of others, “there arise forms of arrogance and exploitation that leave no room for an authentic integral human promotion.”

Of the Church in Europe, the Pope said that “her contribution is centered on a simple and decisive reality: God exists and he has given us life. He alone is absolute, faithful and unfailing love, that infinite goal that is glimpsed behind the good, the true and the beautiful things of this world, admirable indeed, but insufficient for the human heart.”

Let us pray for the renewal of the Catholic faith in a Continent that is screaming out for God.

You Know You Go to Merrimack College When...

A Comical Take on Students’ Everyday Life

Parties end at 1 a.m.
You cross the Nile river when you go to class.
You’ve nicknamed parking lot 8C.
You have had bright orange tow stickers on your window
You throw your parking tickets on the ground.
Every meal you eat in the café somehow incorporates parsley.
MyMack dies mid-registration.
Whenever you look out your window, Domino’s is driving by.
People assume you go to school in New Hampshire.
You go to a different state to buy your alcohol.
Every student is sponsored by The North Face and UGG.
You don’t have to look at the weather because you know it’s going to rain.
Parties are scheduled around athletic events.
That one person you don’t want to see from last night will most likely be at brunch tomorrow.
You have to go off campus to eat at certain hours.
You start to like Green Mountain coffee because you have no other option.
When faced with the decision to drive or walk to CVS, you pick walk, because you know the distance is probably shorter to CVS than your car, not to mention safer...
You contemplated buying a blow-up raft to float around the practice field when it rains.
You know who Annie is.
You’re friends with your professors on Facebook.
You wear tank tops to study in the library in the middle of December.
You leave your dorm five minutes before class starts and you’re still early!
You don’t go out on Thursday night unless you’re old enough to go to The Claddagh
Freshman party in I-tower!
What should be your five minute trip to grab a chicken sandwich at The Den takes approximately 45 minutes ... on a good day!

Police Log

10/29/10 01:29 NOISE COMPLAINT

Police Services received a call from an unnamed resident who wanted to report a noise complaint. Officer, who was conducting a walk-through of the building, was dispatched to investigate. At **01:13**, Unit reports that he would be clear. He reports that he spoke to the residents and have asked them to turn down the music. All cleared.

10/29/10 01:34 DISTURBANCE-Fight

Police services received a call from a female stating that there was a fight outside. Officers were dispatched to the area to investigate. At 01:36, officers reported that all units had cleared. They reported that there was a group upon arrival, but they have dispersed from the area and headed in for the night.

10/29/10 19:30 DISTURBANCE-Indecent Exposure

Officer reported seeing a naked student through the third floor windows and request assistance. Officers spoke with the student who, upon arrival, was clothed. He was advised to keep his clothes on at all times and was given a verbal warning. Units

cleared.

10/29/10 23:31 DISPERSAL

Report for TH area causing disturbance. AC and units responded. Units spoke with the residents of the room and approximately 40-50 people were dispersed. Also, there was alcohol confiscated and disposed of. All cleared.

10/30/10 00:38 DISPERSAL

Officers report dispersing a crowd heading towards the Townhouses. Upon arrival, the crowd dispersed and they went their separate ways. All cleared.

10/30/10 01:50 NOISE COMPLAINT

Student called in to report a noise complaint. Officers responded to location. Units reported along with the RAs. The students turned the radio off prior to arrival and apologized. All cleared.

10/30/2010 02:09 DISPERSAL

Officers are off for a large crowd gathered outside. Units report all clear and crowd was dispersed.

10/30/2010 22:15 ALCOHOL- Procuring for Minor

Officers report being out with 4 males at Lot 8. Officers reported confiscating 19 Busch Lights from resident student.

10/30/10 22:41 SUSPICIOUS-Odor

RA called to report a suspicious odor at the front exterior. Officers were dispatched to area. Unit reports that odor was coming from a “Black n Mild” cigarette. Unit cleared with no issues.

10/30/10 23:26 COMPLAINT (Non-Criminal/Parking)

Officers report they are outside residence to speak with 2 students having a loud conversation. Unit reports 2 students were having an argument. They are both going to be going back to their rooms. One was reported to be having a bad night and was informed if he was spoken to again, there would be repercussions. All cleared.

10/30/10 23:50 ALCOHOL- College Policy Violation (No Crime)

Officer notes speaking with non student about an open container and bottle of vodka. It was addressed and the alcohol was disposed of. The non-student was returned to overnight guest. All cleared.

Student Health 101

Healthy Mind, Healthy Body Image

How a positive view of your body can lift your self-confidence

Student Health 101 is an online health and wellness magazine – find the latest issue online, and Enter2Win \$1,000 cash, at <http://readsh101.com/merrimack.html>

By Michael Kraft

In the media-driven society that we live in today, it can be difficult to develop a healthy body image when you are constantly being flooded with messages and images targeting your insecurities about your appearance and showing people with unattainably “perfect” bodies (that are possibly digitally enhanced). A poll of 582 students conducted by Student Health 101 found that 95 percent said they know students who are not satisfied with the way they look, and 84 percent said they often or sometimes think about the way their body looks and wish it was different.

While some of these students may have a healthy attitude about improving themselves through exercise and proper nutrition, many who are not happy with the way they look have self-esteem issues.

“Body image is your self-esteem,” says Chrissy Quattro, a junior at the State University of New York at Oswego (SUNY Oswego). “Your self-esteem is what you see when you look in the mirror. If you are unhappy with yourself, then you will see someone who displeases you in the mirror. If you feel confident when you walk into a room, then you will naturally be confident about how you appear to other people.”

Fellow SUNY Oswego student Samantha Shelton says, “If you have a positive body image and are comfortable with yourself, you’re much more likely to keep pushing yourself to reach toward your goals—whether they’re physical, emotional, whatever—because you feel confident about yourself.”

A Sign of Bigger Problems

For some students, a poor body image can lead to bigger issues. These students may take up damaging eating behaviors (called disordered eating), which can include restrictive dieting and bingeing

and purging. Sometimes disordered eating will lead to more serious eating disorders, such as anorexia nervosa and bulimia.

“Body dissatisfaction is the most robust predictor of disordered eating, unhealthy weight control practices, eating disorders, along with depression and suicide,” says Dr. Mary Tantillo, an eating disorder specialist and director of the Western New York Comprehensive Care Center for Eating Disorders, based at the University of Rochester School of Nursing. “It is also correlated with other high-risk behaviors like substance abuse.”

You may not be able to handle serious body image issues on your own. If you or someone you know is seriously struggling with these problems, seek help or encourage him or her to seek help from your college health center, a doctor, or other expert resource. Body image issues may require medical attention from a mental health professional.

Build a Better Body Image

If you are not in a crisis situation but are having body image issues, you may wish to take measures on your own to build a better regard for the way you look. Quattro feels positive about herself by wearing clothes she feels comfortable in, doing yoga every morning, and riding her bike to work. Other steps toward a healthy body image are to:

- Eat a balanced diet.
- Limit the time spent in front of the mirror and on the scale.
- Make a list of all the things you like about yourself.
- Surround yourself with people who like the way you look and care about your feelings.
- Find the things that make you feel good about your body.

Michael Kraft is a junior journalism major at the State Unviersity of New York at Oswego. He struggled for years with body image issues and anorexia nervosa before receiving treatment int eh summer of 2009.

Offense Not Enough at Home

Football Loses Final Home Games

Mark Lindquist ‘11
Staff Writer

The Men's Merrimack football team dropped the final two games of the season at home against American International College and Southern Connecticut State University.

Against American International, the Warriors’ young secondary had no answer for AIC quarterback Rob Parent, who threw seven touchdown passes and no interceptions. Offensively, Warrior quarterbacks junior James Suozzo and sophomore Joe Clancy contributed to the games throwing a touchdown pass. Junior Omari Mobley was the Warriors’ leading receiver

with 10 catches for 90 yards and a touchdown. Sophomore Shane Ferguson also had a strong outing with eight catches for 92 yards and a touchdown. Sophomore running back Jimon Hill led the Warriors in rushing with 38 yards despite the running attack being contained.

Despite a rough game defensively, junior linebacker Shawn Loiseau led all players in tackles with 12. Sophomore Justin Marsan also had a solid day with eight tackles. They fell to AIC 59-19.

Offensively the Warriors put more points on the board, but the defense could not stop big plays against Southern Connecticut State. Suozzo and Clancy split

time at quarterback again with Clancy having the slightly better performance with two touchdown passes to Suozzo’s one touchdown pass and interception. Ferguson had another big day with 123 yards on 6 grabs but it was sophomore Isaiah Voegeli who reached the end zone with 11 grabs and 148 yards with a touchdown. Junior running back Anthony Smalls and sophomore tight end Steve Serwon also had a trip into the end zone.

The Warriors gave up two long balls for 97 and 46 yards for touchdowns during the game and could not get enough defensive stops. They were able to create turnovers with junior Tony Johnson, sophomore Michael Jones, and senior

Ryan Slattery each forcing a fumble. Shawn Loiseau won Northeast-10 Defensive Player of The Week honors leading all players in tackles with 16 and taking a recovered fumble 50 yards for a touchdown. Loiseau has been arguably the NE-10’s best defensive player leading all NE-10 defenders with 117 tackles, 5 sacks, and 3 forced fumbles. Second on the Warriors in tackles is senior Radoslaw Szelwicki with 48 which is not even half of Loiseau’s total. The Warriors lost 49-32.

The Warriors will have an opportunity to finish the year on a high note in their final game of the year, on the road against Pace University.

Field Hockey Advances into Conference Tournaments

Helen Gillis, ‘13
Staff Writer

The Merrimack Field Hockey Team has its final game this Friday, Nov 12; against Adelphi University here at Merrimack at 4 p.m. Adelphi is currently ranked fourth in the Northeast 10 Conference. They have an overall record of 11 wins and eight losses and a record of six wins and four losses in their conference.

Most recently the Lady Warriors faced Assumption College on the road. They won 3-1. The Warriors are currently ranked seventh in their conference. They have an overall record of eight wins and ten

losses; in their conference their record is four wins and six losses. Junior Stephanie Glazier and sophomores Jamie Spano and Jen Otis all scored for the Warriors. Sophomore goalkeeper Kerri Bergguist had a shutout, saving all three shots Assumption had.

Sophomore forward April Daugherty commented on the season overall: “This season we have worked really hard, but the cards didn't always fall our way. We had a few one goal loses and we also had a lot of overtime games, and not all ended in our favor.”

“Overall we didn't end up doing that badly though. We learned a lot of lessons this year and it was good

to see our team never giving up and fighting through the hard times,” she said. “All in all it was a fun year, and we are looking forward to working hard in the off-season. Then we will look to show the conference how we can really play next year.”

Sophomore Jen Otis added, “This season taught our team a lot of lessons. We learned that you don't get anything that you don't work hard for. The past is the past, and we are the only ones who could control the future. We took too many teams lightly and didn't always pick up our intensity levels for game time.”

“Now that we know we can go from the semi-finals to not making the play-offs in one year, we have real-

ized that we need to work harder and concentrate on our goals more,” she said.

Senior Kaitlyne Cullinane adds, “Though our record doesn't show it, our season was actually a successful one. We beat Stonehill for the first time in many years. They are always ranked in the top four. We also beat Bentley who won it all last year and it was the first time in school history we ever beat them. Also we finished in seventh place over all. The top six teams make playoffs so we just missed it.”

The Warriors did not make it into the tournament, so after this last non-conference game on Friday, their season will come to an end.

New England Sports

Celtics

November

Saturday -13 vs Memphis Grizzlies
Wednesday -17 vs Washington Wizards
Friday -19 vs Oklahoma City Thunder
Sunday -21 vs Toronto Raptors
Monday -22 vs Atlanta Hawks
Wednesday -24 vs New Jersey Nets
Friday -26 vs Toronto Rapterss
Tuesday -30 vs Cleveland Caveliers

Patriots

November

Sunday, 14 at Steelers, 8:20 p.m.
Sunday, 21 vs. Colts, 4:15 p.m.
Thursday, 25 at Lions, 12:30 p.m.

December

Monday, 6 vs. Jets, 8:30 p.m.

Bruins

November

Saturday, 13 at Senators, 7 p.m.
Monday, 15 vs Devils, 7 p.m.
Wednesday, 17 at Rangers, 7 p.m.
Thursday, 18 vs. Panthers, 7 p.m.
Saturday, 20 vs. Kings, 7 p.m.
Monday, 22 vs. Lightning, 7:30 p.m.
Wednesday, 24 at Panthers, 7:30 p.m.
Friday, 26 vs. Hurricanes, 12 p.m.

Moving On With Mency

Men’s Basketball Receives Top 3 honors in Pre- Season Poll

Mark Lindquist ‘11
Staff Writer

Head Coach Bert Hammel’s 2010-2011 Warriors basketball team has handed the leadership reins from sensational point guard Darren Duncan to now senior forward Darin Mency. Last season, Mency averaged just beneath 17 points and 8 rebounds a game, and has the ability to score, from both short and long range. Mency will now be the Warriors primary scorer, with his guards looking to give him the ball to make plays.



Head Coach Bert Hammel Heads into his 31st Season

Hammel praised his new captain, “Darin leads by example and has a good work ethic on and off the court,” he said. Despite having lost Duncan, The Warriors will still be a respected team in the NE-10 conference finishing third in the Preseason Coaches’ Poll.

Mency’s supporting cast has been with him for two years and each had an important role in Merrimack’s powerful offense. The Warriors’ new point guard, junior Wayne Mack, has been a starting guard and knows Hammel’s offense very well. Mack has a great ability to drive the lane, get to the basket, and either go up for a tough layup or dish the ball.

Junior Roland Davis has a deadly three-point shot that will be a nuisance for teams that leave him any shooting room. Both Mack and Davis are very quick defenders and can get quick fast-breaks off

steals and forced turnovers. Aaron Strothers, standing at 6 foot 7 inches is a power forward/center, scoring inside when he gets the ball and an emerging shot blocking presence. Junior guard Wilfredo Pagan is a great defensive player on the perimeter with very quick feet and hands to keep his man in front of him.

The rest of Hammel’s team have the ability to be impact players this season. Sophomore forward Tyler Young saw regular playing time last season and was a solid presence in the trenches, grabbing rebounds and scoring on second chance opportunities. Adam Marshall, at 6 foot 8, brings with him a great ability to shoot the ball from beyond the three-point line and has been praised by Hammel for his work ethic on becoming stronger and tougher inside.

Juan Carlos Rosich is the team’s tallest player, at 6 foot 11 and will be frequently used in situations where rebounding or low-post defense is needed. Freshman guard/forward Kevin Regan, guard Neal Thompson, and guard James Napolitano are all expected to see some playing time as the season progresses.

The Warriors will be part of the Bentley Tip-Off Classic over this upcoming weekend, and will face Bentley on the road on Nov. 17. The Warriors will open Volpe Gym on Nov. 23 hosting Stonehill College.



Senior Darin Mency Hagerstown, Md.

Men’s Soccer Season Comes to a Close



Robert Cannella, ‘14
Staff Writer

On Nov. 2, the eighth-seeded Merrimack men’s soccer team traveled to Rindge, New Hampshire to take on top-ranked Franklin Pierce in the Northeast-10 Conference tournament quarterfinals.

The first period was scoreless, with few opportunities for either team to get on the board. Merrimack co-captain Robbie Sabadoz scored the match’s first goal fourteen minutes into the second period.

The Warriors held on to their 1-0 lead until the sixty-eighth minute, when Franklin Pierce midfielder Victor Goncalves managed to slip through Merrimack’s defense and score the tying goal. This began a five goal surge by Franklin Pierce, and Merrimack was eliminated from the tournament, 5-1.

The men’s team finished the season with a 9-8-1 record. They went undefeated at home, with eight wins and one draw. Sabadoz and Franklin Pena led the team in scoring, with nine and eight goals respectively. Sabadoz, who will be a senior next year,

said the team has a lot of potential. “Our games on the road were our Achilles heel this season. Even when we played well we could not get the results in our favor,” said freshman goalkeeper Mattias Drummond. “The good news for next season is that we will be keeping the majority of the team. We need to find what’s right for us when it comes to formation, defense, offense, and so on. We all know the ability and talent we have. We just need to experiment during the offseason and see what really fits us and gets the absolute best out of the players we have. If we learn from our mistakes, we have the ability to compete against the very best teams in the country.”

Drummond, who traveled from Sweden to join the team, said his teammates made him feel like part of a family. “This played a big part in my relatively quick acclimatization to American soccer,” he said. “Merrimack soccer takes really good care of its freshman players.”

Drummond concluded by saying, “Now me, my teammates, and the coaches are going to do everything we can to come back next season and be as good as we possibly can!”

No. 2 Lady Warriors Fall to No. 3 Ravens

Robert Cannella, ‘14
Staff Writer

The Merrimack women’s soccer team hosted the Franklin Pierce Ravens in the Northeast-10 Conference semifinal on Nov. 4. The Warriors were ranked No. 2 and the Ravens No. 3 in the postseason tournament.

Due to wind-blown rain and 40 degree weather, few Warrior fans, huddled under umbrellas and clad in raincoats, were in attendance. They would be rewarded for their efforts barely two minutes into the game, when Merrimack senior Kerri Domohowski bested Ravens goalkeeper Jocelyn Leon to give the Warriors a 1-0 lead.

The Ravens would retaliate three minutes later, with Kelly

Weygand’s goal tying the game at 1-1.

Merrimack junior Khara Roman scored in the tenth minute to put Merrimack back on top 2-1, but the Ravens responded with a goal near the end of the first period to knot the game at 2-2.

In the second period, the Ravens cut through the soggy Warriors defense to score two unanswered goals, giving Franklin Pierce the 4-2 victory and eliminating Merrimack from the tournament. “The conditions were clearly less than ideal, with freezing rain and wind, but we were able to put a couple goals in the back of the net,” senior co-captain Ashley Alnwick said.

Despite falling short of the NE-10 tournament crown and not re-

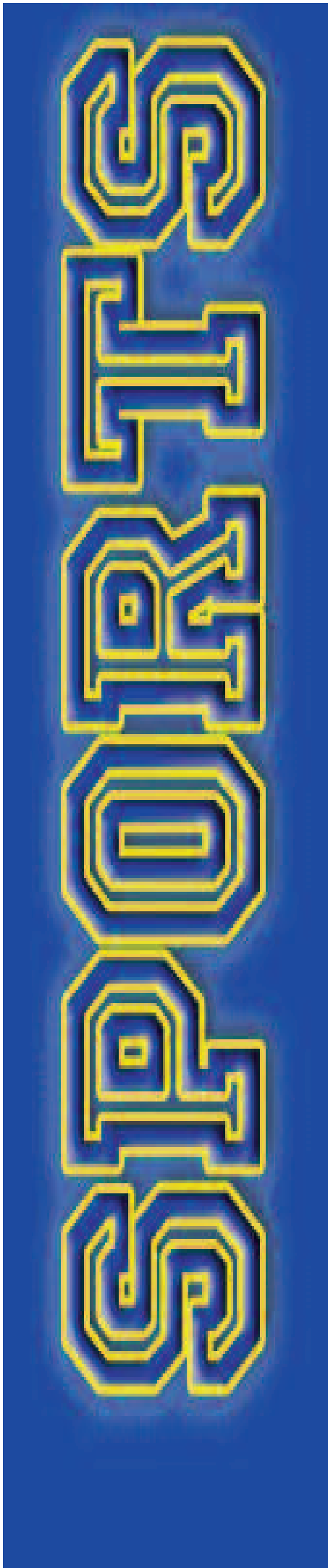
ceiving a berth in the NCAA Division II Women's Soccer Championship, the Warriors had a successful season. They finished with a record of 12-5-3. Senior Jessie DeGraan was named to the Northeast-10 Conference All-Tournament team.

Reflecting on the season, Alnwick said, “This season was really one of the best I’ve experienced. Beating ULowell twice, Franklin Pierce, AIC, Adelphi, Southern Connecticut. All those games were huge wins for us considering those teams are always vying against us for playoff spots. All the hard work we put into practices and the heart we put into those games seriously paid off. You don’t achieve the type of season we did without those two things.” Alnwick also weighed in on the

team’s future. “I wish all my younger teammates the best of luck,” she said. “There’s so much talent and heart on this team and I know that they’ll be successful as long as they keep working and playing hard.”



Senior Captain Ashley Alnwick



Women's
Cross Country places
6th at NE-10
Championships
See Below



Field Hockey Wins
Two in a Row:
St. Anselm's: Assumption

Warriors Hold off BC, 6-0 BU Next

Mark Lindquist '11
Staff Writer

The Merrimack Ice Hockey team has a record of 2-2-2 overall with a 1-2-1 record in Hockey East. They are slated to have the 6-0-2 Boston University Terriers as their next opponent. The Warriors are tied for 7th in Hockey East, while the Terriers currently hold a commanding lead over Hockey East.

Junior goaltender Joe Cannata has been Coach Mark Dennehy's go-to-guy this season and has stood strong in net taking anything his opponents have been throwing at him. Cannata is third among Hockey East goalies in both goals against average and save percentage with 2.21 and .936 respectively.

Sophomore forward Stephane Da Costa is Merrimack's leader in points with eight which tied for seventh among Hockey East players. Senior Joe Cucci is second on the team in points with six and has been one of the team's most reliable members on face-offs along with freshman Rhett Bly.

Last year, the Warriors were known for their offense but this year they are being recognized for their ability to play solid defense. The Warriors are tied for the Hockey East lead for goals against, with only 14, and are second in the penalty kill with a 91.4 percent.

The Warriors, after losing a heartbreaker on the road at Boston College, made up for the loss at home with a 4-2 victory over the Eagles. The Warriors received some scoring chances early due to BC's turnovers and early power play where good puck movement resulted in junior Jesse Todd snapping in a rebound, off a shot from junior Carter Madsen. Madsen recorded two assists on the night.

After the Eagles tied the game 1-1, the Warriors capitalized on another rebound with freshman Shawn Bates slipping the puck 5-hole just enough to cross the goal-line.

Joe Cucci in the second period was in the right place at the right time, with a shot from Da Costa deflecting right on Cucci's stick in the slot for an easy rip. On the other side of the ice, the Warriors held the Eagles scoreless in the second period. They killed off two power plays through limiting time and space, closing shooting lanes, and blocking too many shots to count. Defensemen senior Adam Ross and freshman Jordan Heywood did a good job controlling the boards and laying hard and legal hits into Eagle forwards. The defensive effort made Cannata's job easier preventing rebounds and stopping 29 shots on the night. Junior Ryan Flanigan capped off the night with his second goal of the season



~Photo from Beacon Data file~

for the 4-2 victory.

Despite more of Cannata's sharp play, the Warriors recorded a tough loss 2-0 at Providence with pucks not going their way. Cannata stopped 26 shots and only surrendered the one goal while the second goal was scored when he was pulled for the extra attacker in the third period. Senior captain Chris Barton and junior defenseman Karl Stollery led the team in shots during the game, but all of their shots either hit goalie pads or goal posts. Freshman Mike Collins's apparent equalizer was taken back when the referees confirmed that the goal was scored a fraction of a second after the second period buzzer.

Providence may have taken the first meeting of the season but has not seen the last of Merrimack as the two teams will be seeing each other in their last two games of the season.

Cross Country Runs the Show at NE-10's

Alexandra Picardi '13
Staff Writer

The rain took a temporary halt this past Sunday just in time for the men's and women's cross country team to race toward the Northeast-10 championships hosted at Stonehill College. The men's cross country team placed 11th overall out of 14 teams with an average of 27:47.24, while the women tied for sixth place to Southern New Hampshire with a team average of 20:07.32, both Merrimack teams upset their predicted ranking of 13th and ninth in the championship race. The women ended the race with a total of 223 points and the men with 315. Sophomore Julie Binney commented about the meet stating, "A lot of the girls on the team ran their best times of the sea-

son in the 5k at the Stonehill meet.

The Stonehill course was very flat and almost completely on grass, it was a very fast course. I think our team will do well in the next meet, we've all been working so hard this season to perform our best at regionals. In order to do better in the final meet our top 7 runners will have to run even closer as a pack."

The top runners for Merrimack in the men's 8K run were Harry Mullin who finished 59th out of 151 runners in 27:05, and Rebecca Ainscow who placed 24th in 19:20.8.

The men also had three other teammates that placed in the top-90; John Lawrence (75th), Pat Lawlor (83rd), and Evan Mercier (89th). The women held strong with five others finishing in the top-80;

Anne Bajor (36th), Caitlin Kasala-Halanan (50th), Christina Fisher (70th), Ashley Sarris (74th), and Kacey Pickett (78th).

AIC also had a great performance with Glarius Rop and Jeptui Cherutich as the top runner for the men's 8K and women's 5K. Umass Lowell's Jeff Veiga and Angus MacDonald placed second and third for the men giving Umass the victory with Stonehill, Bentley, Southern Connecticut, and AIC placing in the top five. Stonehill's Jill Alves placed second giving them the overall victory in the women's 5K with Umass Lowell, Saint Rose, Bentley, and Southern Connecticut rounding out the top five. The athlete of the meet was Glarius Rop from American International.

"In the last two weeks, the girls have really done a great job at fo-

cusing on our championship races and getting into that mindset. I believe that seeing some of their hard work pay off will be a great confidence boost to us as we go forward, but at the same time, we're not settling! There is more to be done, and I'm excited to get to Regionals and really compete again. Considering that there is more of a hill at Franklin Park I believe that personally, I'll be able to place higher than I did last weekend. I was not unhappy with my place, but I would expect that the hill will be an advantage in that regard, and I can beat girls who I didn't at Stonehill" states senior Rebecca Ainscow.

The Merrimack women's and men's teams complete their season at the NCAA Northeast Regionals on November 21st at Franklin Park.